Exaltation of the Holy Cross. Catherine of Genoa .- 992,means. Cornelius and Cyp.-746,

Stigmata of St. Francis As-1421 for religious. St. Joseph of Cupertino.—268,surists, novices

s. Januarius and CC .- 1,025, menth After Pent. Seve M—E. Gal. v. 15, vi. 11; 11-16.—538.697 for parishes. Matthew.—811,590 for

Thomas of Villanova.-Linus.-592,065 for mis-

THE GENRAL INTENTION programmeded by His Holiness, Plus X. TRELITY TO THE COMMANDS OF

uring this present month, in His goodness may bring deeper knowledge and love of

ceive that there can be no agony greater, no torture more insupportable than the grief which must follow the patholics, ready sometimes to be in Catholics, ready sometimes to be in Catholics, ready sometimes to be in finence on their faith, when they do not real is infinence on their faith, when they do not real is infinence on their faith, when they do not real is infinence on their faith, when they do not real is infinence on their faith as a kind of inheritance come will make for the form a long line of ancestors who served it mind a thousand trials in possed. Hell may not be a very cheering of ourse, they are to transmit under the factors. They have the form a form a form a long line of ancestors who served it mind a thousand trials in possed. Hell may not be a very cheering of course, they are to transmit under the factors. They have the factors of rubberized sit is well to should be welcome. Put four ounces of talcum powder in a glass jar and pour over it eight ounces they are a protectors of rubberized sits. As well as there are porous and thin they are much cooler than leather, besides given these are porous and thin they are much cooler than leather, besides given the cooler than leather, besides given the stockings, but affect of gray and pour over it eight ounces of talcum powder in a glass jar and pour over it eight ounces in the search support. They will do away these are porous and thin they are protectors of rubberized sill. As should be welcome.

Put four ounces of talcum powder in a glass jar and pour over it eight ounces of talcum powder in a glass jar and pour over it eight ounces of talcum powder in a glass jar and pour over it eight ounces of talcum powder in a glass jar and pour over it eight ounces of talcum powder in a glass jar and pour over it eight ounces of talcum powder in a glass jar and pour over it eight ounces of talcum powder in a glass jar and pour over it eight ounces of talcum powder in a glass jar and pour over it eight ounces of talcum powder in a glass jar and pour over i care, that can thrive and olic Home Journal, by by the most gealous and to sarchfulness. Those who are ready to criticise the church and actings to arraign priest, bishop, even the vicar of Christ himself the court of their judgment, aring a dangerous game. Those eject their religious duties, who a faith that is rapidly dying and a miracle to have and restore live and die, but the church You cannot sever faith from the Cut off from the church, lost in this land, where yice and every form and under every seuise, menace our falth, we tal watchfulness. Every pard implant into the heart on a love for the faith and ay look upon the very idea at the greatest of perils i instill it into their minds old to the constituted authori-or all the vicar of Christ, is the greatest guarantees of faith.

## What is a Drunkard?

athalic Home Journal.) is a drunkard? I have gone whole creation that Hvos," it like the drunkard. The nothing but the drunkard. self-degraded creaone but himself; a selftoring against him. Drunkenness is brainette.

Women who favor fair hair as ingeries of heaven are back into the brainette.

Women who favor fair hair as against the form the dark huse may find some against the dark huse may find some against the dark huse may find some against the dark huse may find some by a wicked crowd of them. Go to the comfort in the announcement that the comfort in the announcement that the cost of self-respect. People blook at his affairs, listen to the sounds that proceed from the house of the branches of the members of the Cathedral choir will be held on Monday evening at Miss Gleason's studio, 227, Constitution block. The sopranes and the sounds that proceed from the house of the members of the cathedral choir will be held on Monday evening at Miss Gleason's studio, 227, Constitution block. The sopranes and the sounds that proceed from the house of the members of the cathedral choir will be held on Monday evening at Miss Gleason's studio, 227, Constitution block. The sopranes and the sounds that proceed from the house of the members of the cathedral choir will be held on Monday evening at Miss Gleason's studio, 227, Constitution block. The sopranes and the sounds that proceed from the house of the members of the members of the sounds.

### Meaning of the Mass.

Protestants, who do not understand

The priest washes his hands, and we

much unhappiness both of soul. The Lord's Day is no anctified as of old. "Thou Rill" is neglected in deploration of the specific of the specific of changing its character, the specific of the specif

preaching or music or reading to increase Its charm?

to a deeper knowledge and love of Law. If we keep that Law outges we are His true friends; if we geters to keep it we are His true friends; if we geters to keep it we are His true friends; if we geters to keep it we are His true friends; if we geters to keep it we are His true friends; if we geters to keep it we are His true friends; if we geters to keep it we are His true friends; if we geters to keep it we are His true friends; if we geters to keep it we are His true friends; if we geters to keep it we are His true friends; if we geters to keep it we are His true friends; if we find the first true friends; if we geters to keep it we are His true friends; if we first true friends; is an old process, but it has lately been improved upon. The feek is covered with a piece of fannel is laid over the silk, and finally a strip of muslin. The operator now runs the flativous lightly over the compress. The cent lecture spoke on "The Tenching of the Catholic Church Regarding Hell" and said in part: "We must carefully distinguish between the calm, sober true friends; in a recent lecture spoke on "The Tenching of the Catholic Church Regarding Hell" and said in part: "We must carefully electric iron is best for this performance, because it keeps its heat and is even in temperature. It can be passed slowly over the double chirs until the patient feels that the flesh is perspiring. Now i The Rev. A. M. Roussel writes of state of exile from that home of unalloyed happiness the inhabitants of which enjoy the direct vision of God.

terms a particularly interesting sketch. The Rev. A. M. Roussel writes of Modern Japan," and the Rev. J. F. Is thrusge, E. F. M., of "The Philippianes," is accilection of amusing anecdotes noted in the Rev. J. Cayzac, C. S. Sp.

"At Beagle Bay," by the Very Rev. Observ Walker, P. S. M., gives an accent of a Christian settlement and school for the aborigines of Australia. The Autohography of a Vongolese

A solute Interior of China" the Rev. A solute Blesser relates, with his usual life, who realizes what it is to be an intelligent being with a destiny so lofty, as the condemned, for any reflecting man who has grasped the purpose of life, who realizes what it is to be an intelligent being with a destiny so lofty, as

they are to transmit untainly a very fruitful one, for it teaches future generations. But here most emphatically the solemn dignity ary in and under their contributions of life, and it asserts most forcibly the a precious gift to man, that truth that the final triumph belongs in this cold world of ours only

## Shine Just Where You Are.

(Exchange.) Don't waste your time in longing For bright, impossible things: Don't sit supinely yearning For the swiftness of angel wings; Don't spurn to be a rushlight, Because you are not a star But brighten some bit of darkness By shining just where you are.

As well as the garish sun; The humblest deed is ennobled When it is worthily done; You may never be called to brighten The darkened regions afar; so fill, for the day, your mission By shining just where you are.

There is need of the tiniest candle

Just where you are, my brother, Just where God bids you stand, Though down in the deepest shadow, Instead of the sunlit land;

You may carry a brightness with you, That no gloom or darkness can mar, For the light of a Christian spirit

## By shining just where you are. Passing of the Blonde.

A writer in the Contemporary Re-view predicts that the blonde type of humanity is scheduled for early ex-tinction, and that the brunettes will soon have the earth and everything other thing in nature to be likened. The drunkard wretch who has deprayed then that "everywhere the conclusion that "everywhere the conclusion." the throat of his body un- is the same-a dark type supercedes

ost in his flesh, and has sunk the fair."
There is no record available at this time to show when and how the blonde complexion originated, but it is easy to guess that it is one of the oldest institutions on earth. Delve oldest institutions on earth. Delve deep into the uncertainties of mythology and you will find fair ladies and light-haired warriors. The early masters put on canvas the pinkest of cheeks ankind like some foul, ill-bodins and the most delicate hues of pale yellows animal, to pester, forment low hair; so also did they paint portains everything that reasons or traits of the brunette type. In all the curse of God hungs over the body of the brunette type in the same the gainst him. Drunkenness is branette.

things without some opposition while this generation lasts. Therefore, there need be no great rush upon drug stores for peroxides and other preparations for the transforming of brunettes into blondes. However, for several years past the demand for dyes has been great public highways and of the streets at night. Go to the hospital, to the house of charity, and the bed of wretchedness. Enter the courts of justice, the prison and the condemand cell. Look at the haggard features of the romed criminal. Ask all these why they exist to distress you, and you will everywhere be answered by tales and recitals of the effects of drunkenness. And the miseries and the vices and the sorrows and the scene of suffering that have harrowed up your soul were almost without exception either prepared by drinking or were undergone for procuring the means of satisfying this vice and the vices which spring from it."

Inside this generation lasts, Therefore, there this generation and point grows and of the proposition while this generation lasts, Therefore, there there are the propagation of procuring the means of satisfying this vice and the vices which spring from it."

Inside they your friends just what you think to them, to be as ruide as you'd like to be, would be such a comfort at times, that or terfain is self-denial. As to its worth, mouth civility is in times, that it meant, agreeableness is a mighty catcher of well-wishers. Under the house of charity, and the bed of the assertion that there are more dark-halred women who prefer to be blondes than there was a mighty catcher of well-wishers. From the point of view of the average man, beauty is seen in both blonde and brunette types. But for some reason, which is not satisfactorily explained, many women even incur expense and a great deal of worry and energy to get into the blonde column. So is Dame Nature desires that the real blonde must go, the girl who is as fair as morning with pink cheeks and hair of yellow in the view and the view will be the just the same, for the yellow hings without some opposition while

## For Double Chins.

Meaning of the Mass.

The our Lady of Ransom.—611,785 the ceremony of the mass, often wonder what there is in it to attract such services. So cyprian and Justina.—5 for sinners.

So Sixteenth After Pent.—88, and Damian.—E. Eph. iii, 13-5 fake, xiv, 1-12.—755,710 for the pente.

THE GENRAL INTENTION manaded by His Hollness, Plus X. Litt TO THE COMMANDS OF GOD.

Silve of Him than the keeping is law. "If you love me." He keep my commandments. "If the my commandments, "or in the first way in the first way in the garden of Gethsemane. Then he goes up the steps and kisses the altar, and we are reminded of the kirs with which Judas betrayed the keep my commandments, you shall in my love. "You are my friends and then to the other and back to the center of it, and we recall how our Savior was led before Annas and Altogether, it is as if Christ signin. "You call me Friend, then te my admonitions; if you mass do the things that I command Altogether, it is as if Christ signin. "You call me Friend, then te my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you mass do my bid-him to my admonitions; if you make a strake the saltar and then to the other and back to the center of it, and we recall how our Savior was led before Annas and stroke the fat of her him with a vig-normal properties.

The priestants, who do not understand the ugliness of the fat chin is monder to tell our summer white gowns with their low servations. It is at this se

Master, you must do my bidAnd to us He speaks in a spe"You call yourselves my pay, then, with all your soul may more faithfully observe day it is the violation of God's diments by new devices that is so much unhappiness both of a soul. The Lord's Day is no sanctified as of old. "Thou takes place and the Host is raised above the priest's head to be seen by the congregation, we behold Jesus nailed to the cross and lifted up to die.

And so the sacred drama goes on—He dies, He is buried, He rises again, He ascends into heaven, and the Holy so heavy that the conference in the size of her neck if she will persist in this.

Then while the skin is still tingling from the treatment, it should be dies, He is buried, He rises again, He ascends into heaven, and the Holy so heavy that the conference in the size of her neck if she will persist in this.

The priest washes his hands, and we second stroke she should drive the flesh still farther downward. It will make a great difference in the size of her neck if she will persist in this.

Then while the skin is still tingling from the treatment, it should be dashed with cold water, the colder the better. It is a great preventive of accumulating fat. The hot water treatment is advised where the throat is

mouth is opened and the jaw is dropped; this compresses the fat under the chin. The exercise is difficult, but

## Weak Ankles and Low Shoes.

The girl with weak ankles must either reconcile herself to extra heat in summer or to bad falls. Low shoes are responsible for many a sprain or

broken bone.

The cure, wearing high shoes, is not so simple as it sounds. In our climate, leather around the ankles adds much to physical discomfort. As the weakest ankles are often found on the fattest women this discomfort is in awarded the punishment of englishment from the home of everlasting leather around the ankles adds much list have been convert belonging to the Kionzo from God constitutes the radical torture test women this discomfort is increased.

If you are not heroic enough to avoid low shoes entirely, at least, take pre-cautions to avoid bad results. For very weak ankles it is well to wear protectors of rubberized silk. As

one prominent physician has his wo-men patients massage the calves of their legs once or twice a day, from the time they put on low shoes until they take them off in the fall.

This is one of the best cures known for weak ankles, as the muscles center

stepping on a stone unexpectedly often

## WHAT SMILES CAN DO.

(Exchange.) When the morning is chilly and misty, And clouds are gloomy and gray; Then, hey for a smile, And ho for a smile, To brighten a rainy day.

When the morning is balmy and sunny, And fields and garden are gay; Then, hey for a smile, And ho for a smile, To gladden a pleasant day.

And if it brings care and vexations.

And you would charm them away:

Then, bey for a smile,

And ho for a smile, To make it a happy day.

"Mouth Civility." There is an old saw that mouth civ lity costs little, but is worth less. Like nany another time-worn saying it is

To be civil and mean it, is no special merit; to be civil when you would much rather be the other thing, means self-repredion that is character form-Do you think that placidity wher

you rather champ, keeping your ongue in leash when your spirit would

but dignity says "Ignore it:" conven-

'How long you want me to wait?" "Well we're expecting her death at iny minute now."
"Gosh, that old widow always was the contrariest person in Beanville," muttered the foreman as he pled sev-eral lines lifting the type from the form.—Bohemian.

## Cathedral Choir Rehearsal.

Rehearsal for the members of the athedral choir will be held on Monday vening at Miss Gleason's studio, 227, Constitution block. The sopranes and altos will meet at 7:30 and the bassos and tenors at 8:15.

## A Polite Doctor.

September Delineator.)

When the baby came to Mary's home she was told that the doctor brought it. She thought he kept an unlimited supply. Mary had been taught that politeness was one of the greatest charms a person could possess.

One day the doctor called, and said, "Mary, we have a new baby at our home; would you like to go with me to see it?"

see it?"
Mary was delighted. The baby was very tiny, only weighed three and a half pounds. When Mary saw this frail bit of humanity she turned her face up to the doctor, and said:
"I think you are very perlite, to take the smallest for yourself."

dashed with cold water, the colder the better. It is a great preventive of accumulating fat. The hot water treatment is advised where the throat is so heavy that there is positively no neck. In a beauty parlor the neck is bolled in the most scientife: way.

Hot cloths are laid upon it and then there comes a bag of bolling water, which is pressed upon the cloths to keep them warm. The patient is not allowed to blister the neck, but she must endure the hot water as long as possible. Then the cloths are taken off and the neck is ironed.

Ironing the neck is an old process, but it has lattly been improved upon. The neck is covered with a piece of

The members of the Junior choir will meet for rehearsal on Saturday, Sept. 19, at 3:30, in the choir hall.

## When You Are Tired.

Don't grit your teeth and work hard-r. Ease up a little. Don't talk any more than you can elp. Talking takes vitality. Lie down in a dark place if only for ifteen minutes.

Don't read anything in which you are ot interested.

Don't feel that everything must be done in one day. There are 364 more.
Realize that it is better to leave things undone than overdo yourself.
Avoid people and their woes at that

Seek some one frivolous Don't try to improve yourself. Give our mind a rest.

And don't forget that a little lemon juice in cold water in the morning is a

## Powder Made at Home.

There are many women who prefer to make their own tollet articles rather than to buy them. They are skillful in the mixing of ingredients, and arrive at very good results.

To them the following recipe for talcum powder, which is commended as harmless and to be made at home, should be welcome.

This is one of the best cures known for weak ankles, as the muscles center there rather than lower down, and the tone can be built up.

Massage deeply, using a good cold cream or landline, and be sure to rub up. Pinching the flesh between the figners, gently but flerally also have a complete and trouble begins. The second of the scalp can be traced to that fault. You see it's this way, a man is generally in a hurry when he dresses and he never takes time to brush his hair, simply smoothes it down, generally only with a comb, and, as a result, dandruff is allowed to accumulate and trouble begins. ingers, gently but firmly, also has a with a woman it's different. accumulate and trouble begins. Now good effect.

Sitting on a chair high enough that the toes just touch the floor, and then pressing down hard upon them is a good exercise for both ankle and foot. Carelessness is to be guarded against in walking in low shoes. It is Important to look where you are going, as son why fewer women suffer from danson who was a carefully brush her hair at least once a day. If she didn't it would be a pretty mess; its very length saves her, for in brushing it each day in the carefully brush her hair at least once a day. If she didn't it would be a pretty mess; its very length saves her, for in brushing it each day she gets out all sorts of impurities, dandruff and the like, all of which is for her own good. son why fewer women suffer from dan son why fewer women suffer from dandruff than the unfortunate members of the opposite sex, and it is also the reason why the halr is a woman's crowning glory, even if she is fair, fat and forty. So brush your hair every morning thoroughly, if you want to keep in the swim. You're right, Next, sir."—Philadelphia Record.

## St. Cecelia Choir Rehearsal.

The members of the St. Cecelia cho-

Courtesy has been defined as be-nevolence in little things. One that taught to make not only their own is truly courteous is unselfish and thoughtful. He carefully avoids hurting any one's feelings; he cheerfully keeps his own emotions in check when there is danger of conflict. He sure happiness. She does not agree is at all times and places an advocate of the rights of others—a champion of the ways, the saved the defenseless. the weak, the aged, the defenseless. When he is in the company of selfish boors his efforts are unappreciated, his kindness disregarded, his self-imgratitude merely for being taught to

## Cathedral Choir Rehearsal.

Made For The Maid.



Or the styllsh matron, either, for that or the stylish matron, enter, for that matter, are our dainty shoes. They are constructed of the finest leathers and made on lasts that are varied enough to suit all shapes of feminine feet. Oxfords and High-cuts of neat appearance and exceptionally well-fitting. You'll make this your shoe shop in future by burning here once. buying here once.

> STATE ST. SHOE STORE 520 STATE STREET.

Monday, Tuesday and Wednesday Wednesday Matines RICE AND CADY In Joe Weber's Musical Play,

# Hip Hip Hooray

NEXT ATTRACTION. Thursday, Friday and Saturday, Saturday Matinee,

DUSTIN FARNUM in "THE SQUAW MAN" Prices: Eve, 50c to \$2.00; mat., 25c to \$1.50.



## IRRIGATION CONGRESS Albuquerque, N. M. \$31.95.

Ogden and Salt Lake City Albuquerque and return.

Dates of sale, Sept. 23rd to 26th. Inclusive. Return limit Oct. 31st.

ALBUQUERQUE Grand Canyon and Return, \$21.65.

City of Mexico and Return

SPECIAL TRAIN Utah to Albuquerque.

£. F. WARREN, G. A., A., T. & S. F. Ry. Room 233 Judge Bldg., Salt Lake City, Utah. 

wash the powder in distilled water. Filter it again until no taste of the vinegar remains.

These supporters should be especially worn with pumps and French heeled slippers, as the ankle turns more quickly in these two styles of shoe than in the ordinary, thick-soled Oxford.

Better yet is it to strengthen the ankles themselves. Never omit, morning and evening, to rise slowly on the toes, ten or twenty times. Repeat whenever you think of it during the day. This is excellent to give more endurance, besides keeping the ankles itself slender.

One prominent physician has his women patients massage the calves of their legs once, or twice a day, from the time they put on low shoes until they take them off in the fall.

This is one, of the best cures known for weak ankles, as the muscles center.

This is one, of the best cures known for weak ankles, as the muscles center.



fitting feet That's Our Business

Tots to Make Their Own Toys. One of the many quiet charities in hich Mrs. Ogden Mills interests herself promises to have a great many imitations, for it seems to have all the elements of success. She is the principal backer of a vacation school project intended to teach the children of the poor to make their own toys. Some-thing of the sort has been done in England, and perhaps Mrs. Mills borrowed the basic idea from that source. But she has enlarged on the original theory rus will meet at 9:30 on Sunday, Sept. and the school she is to found will be a much more ambititus institution than his kindness disregarded, his self-im-his kindness disregarded, but if he would be consistent he will avoid associa-tion which he cannot improve, and tion which he cannot improve, and that the same rule applies to the sim-tinat the same rule applies to the simungster's life can be rounded out .-

> St. Cecella Choir Renearsal. The members of the St. Cecelia chorus will meet at 9:30 on Sunday, Sept. 20, for rehearsal.

# Z. C. M. I

# Big Silk Sale

Commencing Saturday September 19th

\$1.00 Taffeta 8,000 yards of Taffeta Silk, 19 inches wide, that sells

regularly at \$1.00 a yard. Quite fortunately our buyer obtained this silk at a manufacturer's sacrifice sale, you are to be given the benefit of the purchase. The variety includues all colors and black. Commencing Saturday, a yard .....

Our showing of Millinery and Suits is now as varied and

complete as it was on Opening Day. If you did not have the privilege of visiting us, we invite you to call during the coming week.

Our drug store is at 112-114 South Main Street.



## Scenic Line of the World

Panorama of Natural Beauty all the Way

Canyon of the Grande Eagle River Canyon

Wagon Wheel Gap

Glenwood Springs Canyon of the Gunnison

> Garden of the Gods Manitou Springs

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SUMMER UNDERWEAR, per garment\_\_\_\_\_25c ------ \$1.50 AND UP GLOVES

Shirts and Valises at reduced prices. Call and see before you make your purchases, at 322 SOUTH MAIN STREET

L. Spalding Millinery Co. Dressmaking and Millinery. Prices and Styles That Will Suit All.

148 E. SECOND SOUTH.

## When Tub Night Comes

L. Spalding,

Suppose you have at hand HILL'S BATH CASTILE, which you will find delightfully cleansing and refreshing. Lathers freely, being especially adapted to hard water. Delivered anywhere in 25c and 85c packages.

F. J. Hill Drug Co.

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"The Never-Substitutors."

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It has been found that wall paper and painted work last, in good condition, three times as long where the Electric Light is employed as where open flame Illuminants are

The cost of redscorating alone will amount to more than your electric bills. Let our estimate man call.

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